



PLOMESGATE CYCLING CLUB



www.plomesgate.co.uk

June 2008

Youth Time-Trial Events

THIS SUMMER Plomesgate CC will be running a series of dedicated youth 5-mile TT events on Thursday evenings. These will take place on a 5-mile course based on the popular B10/9 course at Tunstall/Bentwaters and on a new 5-mile circuit at Cretingham. There will be U14 and U16 categories with trophies for Plomesgate CC overall winners. The overall winners will be based on the best 3 performances i.e. lowest aggregated time out of the 4 events. We are extending the invitation to all local clubs who have young riders so that they will enjoy and benefit from competing against others in the same age categories. It will also be an opportunity for more mature riders to try out time-trialling on a short course – an opportunity to try it out over a relatively short distance.

Details are as follows:-

19 th June	Tunstall Common-Bentwaters (Out and back 5m TT)
17 th July	Tunstall Common-Bentwaters (Out and back 5m TT)
31 st July	Cretingham Bell (5m circuit)
14 th August	Cretingham Bell (5m circuit)

For further details please contact marshall.h.crowe@btinternet.com or call Marshall on 07860 689125

Welcome new member

We welcome Rollo Cooper to the club. Already evident in club events, we wish Rollo all speed. All ages are welcome and currently the club average age is being reduced rather well.



Can You Help?



Every year the NSPCC helps thousands of children, entirely funded by voluntary contributions

This could be your chance to make a difference

Dear Plomesgate Cycling Club member,

From 12-16th June I will be part of a BT team entering Europe's largest corporate team building event, the Microsoft UK Challenge. Over four days and nights, we will join around 125 teams to tackle running, cycling, kayaking, canoeing orienteering and problem-solving.



We have been in training for this event... and, judging from the aches and pains the morning after, it is going to stretch us to the limits, that's for sure!

The Microsoft UK Challenge is the UK's second largest corporate fund-raiser after the London Marathon, and this year we aim to raise more than half a million pounds for the NSPCC children's charity and the Child Protection Help-line.



That's where we need your help.

I wanted to write to you to ask if you would consider supporting our team efforts by pledging a financial donation to this worthy cause. A number of you have already generously pledged your support and I am gratefully thankful to you for this.

If you are interested in making a personal or corporate donation, you can do so via our online sponsorship form. To donate please go to the following URL, and select team "BT (108)" from the team selection. <https://www.nspcc.org.uk/challenger/sponform.asp>

Every little counts and no donation is too small when it could change a child's life.

If you believe your business might be interested in supporting us further, we could discuss this in more detail. One idea could be to have your company logo printed on our event clothing. National media, including Channel 4 and several satellite channels, will cover this competition, meaning a very wide audience could see your company name.

If you are interested in knowing more, please follow these links:

www.challengerworld.com/

[<http://www.challengerworld.com/>](http://www.challengerworld.com/)

<http://www.challengerworld.com/et.cfm?eid=1111>

A short video clip of last year's event can be found at:

<http://www.challengerworld.com/content/Documents/mukcpromo06360x202500b.wmv>

The NSPCC aims to end cruelty to children. For more information on the charity visit:

<http://www.nspcc.org.uk/default.html>

Thank you for your time and many thanks in advance for any support you can offer.

Kind regards

Marshall Crowe

Thursday evenings Timekeeper/Pusher Rota

Date	Distance	Timekeeper	Pusher
10	24/4/2008	Ron S	John V
10	1/5/2008	Marshall C	Martin A
10	15/5/2008	Pete W	Steve B
10	29/5/2008	Ron P	Jim H
15	5/6/2008	Trevor F	Matt D
10	12/6/2008	Adrian M	Bev W
10	26/6/2008	Magnus R	Ron P
25	3/7/2008	Trevor F	John V
10	10/7/2008	Jim H	Ron S
10	24/7/2008	Martin A	Adrian M
10	7/8/2008	Bev W	Marshall C
10	21/8/2008	John V	Pete W

PCC Open Events

Date	Course	Date	Start time
30	B30/9R	14/6/2008	14.00
25	B25/2	20/9/2008	14.00
Grass Track	Bredfield	9/8/2008	12.00

PLOMESGATE TROPHY COMPETITION STANDINGS BASED ON EVENING 10s AFTER 4 ROUNDS 2008

David Bott Trophy

This annual competition will be based on a rider's best six events from the evening time trial series. This allows riders to miss one or two for helping out and holidays etc.. The winner will be awarded the David Bott trophy in honour of David Bott a Plomesgate rider who tragically lost his battle with cancer in December 1999. The placings will be based on Plomesgate riders only.

The points system is as follows:-

- 1st place Plomesgate Rider = 3/4 point
- 2nd place Plomesgate Rider = 2 points
- 3rd place Plomesgate Rider = 3 points
- 4th place Plomesgate Rider = 4 points
- 5th place Plomesgate Rider = 5 points and so on....





Why $\frac{3}{4}$ point for 1st place. Its all about a 1st and a 3rd being better than two 2nd places.

If you are a non starter then you will be awarded a point score equal to the number of riders in the series + 1. If you start but don't finish you will be awarded a point score equal to the number of Plomesgate riders on the night + 1.

The winner will be the rider who has the lowest points score at the end of the series in his/her best six counting events.

Pos	Name	Points
1	Andrew Hawes	52
2	Jim Hardwicke	53.25
3	Martin Alabone	61
4	Ron Philpot	66
5	Adrian McTigue	70.75
6	Pete Whelan	70.75
7	Bev Whelan	75
8	Marshall Crowe	75
9	Ron Shoobridge	83
10	Rollo Cooper	85
11	John Vidler	86
12	Stephen Beaumont	88
13	Caroline Goldsworthy	92
14	Nik Bestow	93
15	Viv Broughton	95
16	Katie Bloomfield	99

[*Jim's notes*: after four rounds we have 16 riders in the series, so everyone gets at least 2 rounds worth of 17 points to make up 6 scoring rounds. For any of the completed rounds not ridden you'll also get 17 points. E.g. Pete Whelan won round one so gets 0.75, was second in round two and gets 2 points, didn't ride round three or four so 2*17 points; 2 more rounds needed to make six scoring rounds so 3 * 17 = 51. Total = 70.75. Note: as the series progresses the number of riders is likely to increase, so the numbers will change for those who haven't completed six rounds]

10-mile Champion

This trophy will be awarded on an annual basis to the Plomesgate CC rider who posts the fastest individual time for that season in an evening ten mile time trial promoted by the Plomesgate CC on the B10/9 (Sudbourne/Bentwaters/Sudbourne) course.

In the case of a tie the next fastest performance of each rider will be taken and the rider with the fastest time will be deemed the winner.

PLOMESGATE CYCLING CLUB

Pos	Name	Time	mph	kph
1	Jim Hardwicke	00:24:51	24.14	38.86
2	Adrian McTigue	00:24:51	24.14	38.86
3	Pete Whelan	00:25:54	23.17	37.28
4	Stephen Beaumont	00:26:58	22.25	35.81
5	Martin Alabone	00:27:26	21.87	35.02
6	Marshall Crowe	00:28:17	21.21	34.14
7	Andrew Hawes	00:29:53	20.08	32.31
8	Ron Philpot	00:30:02	19.98	32.15
9	Nik Bestow	00:30:12	19.87	31.97
10	Ron Shoobridge	00:31:40	18.95	30.49
11	Viv Broughton	00:31:56	18.79	30.24
12	Rollo Cooper	00:31:59	18.76	30.19
13	Bev Whelan	00:32:40	18.37	29.56
14	John Vidler	00:33:20	18.00	28.97
15	Katie Bloomfield	00:34:49	17.23	27.73
16	Caroline Goldsworthy	00:37:31	15.99	25.74

Veteran Champion

This will be awarded to the Plomesgate CC veteran rider who posts the largest plus score (or smallest minus score), based on the VTTA age related standards, for that season in an evening ten-mile time trial promoted by Plomesgate CC on the B10/9 (Sudbourne/Bentwaters/Sudbourne) course.

In the case of a tie the next largest standard score will be taken and the rider with the largest plus score (or smallest minus score) will be deemed the winner.

Pos	Name	Time
1	Ron Philpot	+00:02:13
2	Pete Whelan	+00:02:05
3	Jim Hardwicke	+00:01:03
4	Ron Shoobridge	+00:00:35
5	Stephen Beaumont	-00:00:40
6	Marshall Crowe	-00:00:44
7	Andrew Hawes	-00:02:33
8	John Vidler	-00:02:50
9	Bev Whelan	-00:03:06
10	Nik Bestow	-00:03:18
11	Viv Broughton	-00:03:31
12	Rollo Cooper	-00:06:17
13	Caroline Goldsworthy	-00:09:32

Handicap / Best Improver Trophy

This will be awarded to the Plomesgate CC rider who posts the fastest handicap time for that season in an evening ten mile time trial promoted by Plomesgate CC on the B10/9 (Sudbourne/Bentwaters/Sudbourne) course.

Each rider will be given a handicap at the start of the series of evening events based either on their fastest performance from the previous two seasons or in the



case of a new rider based on their first event of that current season. In the latter case the time done in that event will not be eligible for the handicap competition. The handicaps will be calculated from a "par" for the course, the suggested "par" is 22.00 minutes.

In the case of a tie the next fastest handicap time will be taken into consideration and the rider with the fastest time will be deemed the winner.

Pos	Name	Time
1	Rollo Cooper	00:19:51
2	Andrew Hawes	00:20:15
3	Jim Hardwicke	00:22:04
4	Adrian McTigue	00:22:08
5	Caroline Goldsworthy	00:22:10
6	Martin Alabone	00:22:25
7	Bev Whelan	00:22:33
8	Ron Philpot	00:22:37
9	Pete Whelan	00:23:06
10	Stephen Beaumont	00:23:07
11	Ron Shoobridge	00:23:08
12	Marshall Crowe	00:24:05
13	John Vidler	00:25:08
14	Viv Broughton	00:25:29

Women's Champion

This trophy will be awarded to the Plomesgate CC female rider who posts the fastest individual time for that season in an evening ten-mile time trial promoted by the Plomesgate CC on the B10/9 (Sudbourne/Bentwaters/Sudbourne) course.

In the case of a tie the next fastest performance of each rider will be taken and the rider with the fastest time will be deemed the winner.

Pos	Name	Time	mph	kph
1	Viv Broughton	00:31:56	18.79	30.24
2	Bev Whelan	00:32:40	18.37	29.56
3	Katie Bloomfield	00:34:49	17.23	27.73
4	Caroline Goldsworthy	00:37:31	15.99	25.74

We thank Jim for taking the time to work out the different competitions and to give us all something to watch for during the season. Ed.

Suffolk CTC events

For a good selection of events to join in on, go to: <http://www.greenlivingcentre.org.uk/ctc/>

Events to go for:

AUDAX UK / CYCLE CLUB SUDBURY; BILDESTON, SATURDAY 5 JULY 2008

161K "CASTLES, COAST AND CORNFIELDS" AUDAX : 8.30am START

Meander through golden cornfields to Orford on the Suffolk coast and back, taking in two impressive castles along the way. There are few hills on the route, which mainly uses country lanes with short stretches of minor A and B-road.

104K "BILDESTON CIRCULAR" AUDAX : 9.30am START

A broadly circular route, through quiet, attractive Suffolk countryside you might not otherwise get to see. The route mainly uses country lanes with very short stretches of minor A and B-road; there are few hills.

Headquarters for both events: Bildeston Sportsfield Pavilion, Consent Lane, Bildeston.

Entry forms downloadable from the AudaxUK

website, www.audax.uk.net, or from the

AudaxUK Calendar.

FOR SALE

MOUNTAIN BIKE cycling shoes, UK56, Northwave, SPDs, as new; £15 (cost £85) – Julie Grooms: 077137 33422.

LADIES CYCLING CLOTHING: 2 short-sleeved tops, size 10-12, as new; ■ 1 all-in-one short-sleeved suit, size 12, new; ■ 1 long-sleeved winter cycling top, size 10, new; ■ Fleece top, size 10, new, labelled. £25 THE LOT. - Julie Grooms: 077137 33422.

UNISEX CYCLING JACKET, waterproof, Race Face, size medium, red/black, cost £55, worn once, £20 – Julie Grooms: 077137 33422.

GYM BULL, as new, packaged, including Gym Bull exercise video; plus Callentics exercise video. £10 THE LOT. – Julie Grooms: 077137 33422.



Don't forget the 15 TT on Thursday evening!

Thursday, June 5th start at 7 pm. Come and have a go.

Articles for next month

Keep the material coming by any means you wish.
Deadline is close to the end of June, 2008.

It's your newsletter so drop me a line at

philpotrons@aol.com

or

Ron Philpot
The Cottage, The Street
Ashfield-cum-Thorpe
Stowmarket
Suffolk
IP14 6LX

Tel: 01728 685822
